

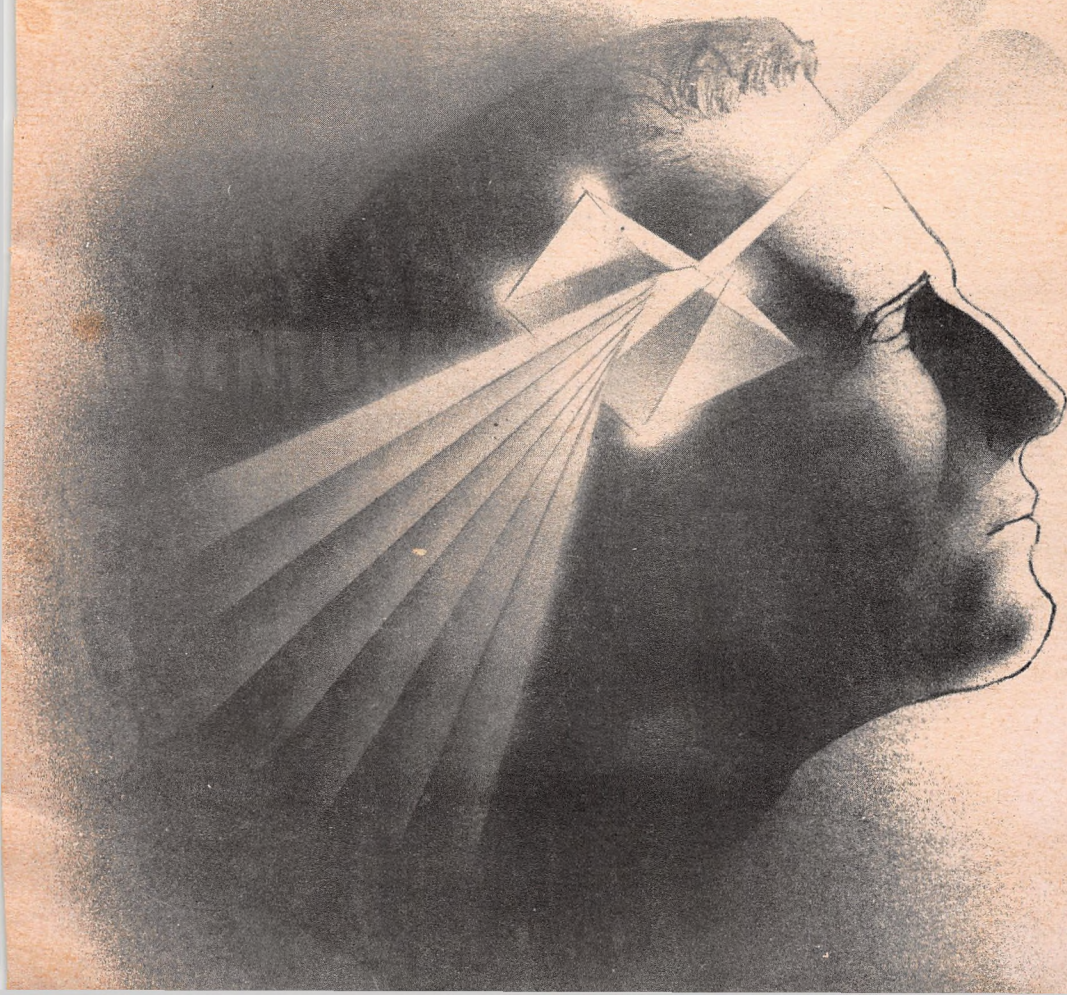
ADVENTURES IN

EXTRA SENSORY PERCEPTION

BY ROBERT G. CHANEY

INTUITION--

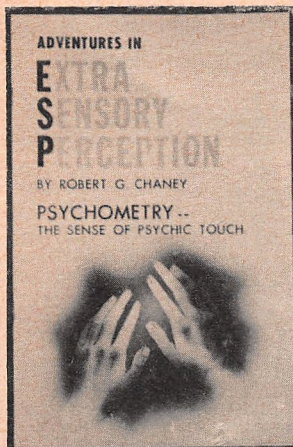
THE SENSE OF INNER PERCEPTION



This lesson is one of three in a series

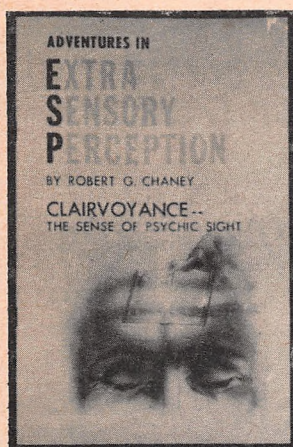
"ADVENTURES IN ESP"

By Robert G. Chaney



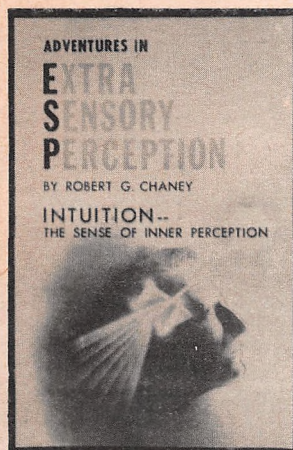
PSYCHOMETRY -- The Sense of Psychic Touch

Psychometry is the faculty of tuning in to the qualities of an object and learning from it not only its history but perhaps even the "story" of its owner, past or present. *Psychometry* is the sense of psychic touch which enables one to bring his consciousness into attunement with the vibrational qualities inherent within the object itself, or those impinged upon it by the person to whom it belongs.



CLAIRVOYANCE -- The Sense of Psychic Sight

Clairvoyance is the extrasensory aspect of sight which enables one to perceive persons, objects or events not within his immediate range of awareness or vision. The persons might be miles away...even "dead," and the events might be of the past, present or the future. Other *clairvoyant* visions might come directly from the High Self or Oversoul, as it attempts to communicate ideas to the waking conscious mind.



INTUITION -- The Sense of Inner Perception

Intuition stems from the premise that you have an inner sense that by-passes the usual methods of gathering information. It reaches into the great sea of knowledge, and grasps the central core of some unknown fact. Have you ever had a "hunch?" Ever met a stranger and suddenly "known" many things about him without hearing him say a word? If you have, it was a spontaneous flash of *intuition*.

\$1 per lesson

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INTUITION --

The Sense of Inner Perception

By Robert G. Chaney

Intuition is man's only infallible faculty. Man's use of it is not infallible. To become acquainted with it is the height of wisdom.

Intuition is your direct contact with knowledge. It surpasses both experimental research and text books as a means of acquiring exact information on any subject. In practical use it is not easy to accomplish, yet your ability to use it in any field of endeavor can be multiplied from ten to a hundredfold.

Your ability to use it? I speak as though you already possessed the talent. And I believe you do. You may or may not realize it -- which reminds me of an experience that illustrates this fact.

There are only two facts I remember learning in psychology class at college. Yet they probably influenced my life more profoundly than all the rest of my scholastic studies combined.

One of these influential facts concerned telepathy. A question on a true and false test in psychology asked: "Is telepathy a fact?" At that time (1931) I didn't know anyone really believed in what was popularly held to be a far-fetched idea. Yet for some reason I was suspicious of the question, thinking it perhaps a catch question. On a hunch I marked it as being true. As far as I know I was the only student given a correct mark on that particular question -- so my interest in other than normal functions of the mind was aroused and given sustaining impetus.

The other memory-etched fact was contained in the introductory remarks of the professor at the opening session of the class. "You already know more practical psychology than I can possibly teach you," he said. "All I can do is help you realize what you know."

This statement has clung to my consciousness through the years in a hundred different applications. For instance, I believe every person is far more psychic than he realizes. He possesses all the faculties for psychic sensitivity. All he needs is to be taught how to do what he is equipped for doing -- how to do what he is capable of doing.

So in a different context I repeat to you what my professor said many years ago. *You already use your intuition in more ways than I can teach you. All I can do is help you realize it and expand its practical use in your life.*

Intuition is direct knowledge without assembling facts or using logic or reason.

It stems from the premise that you have an inner sense -- a sixth sense as it is often called -- that by-passes the usual methods of gathering information. It transcends the normal senses, reaches into the great sea of eternal knowledge, and grasps the central core of some elusive or unknown fact essential to your life.

It manifests in two different but equally important areas of information:

1. Cognitive -- exact fact. Example: the chemist who suddenly realizes that the addition of an ounce of a different chemical will provide the precise formula which he has sought in vain through countless experiments.

2. Functional -- impulse fact. Example: the salesman who enters a restaurant on impulse and there meets a buyer whom he has been unsuccessfully trying to meet for weeks.

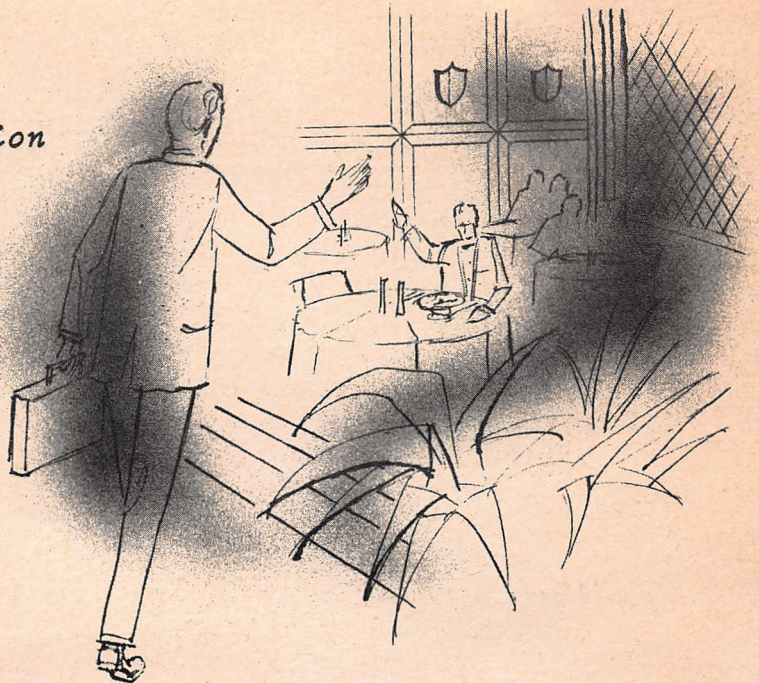
Did you ever have a strong impression -- a "hunch" -- about a business transaction, or finding an apartment, or a job opportunity, and fail to follow it? And then wish you had because, as you learned later, doing so would have meant success?

If this or any similar experience has happened to

1. *Cognitive intuition*
-- exact fact



2. *Functional intuition*
-- impulse fact

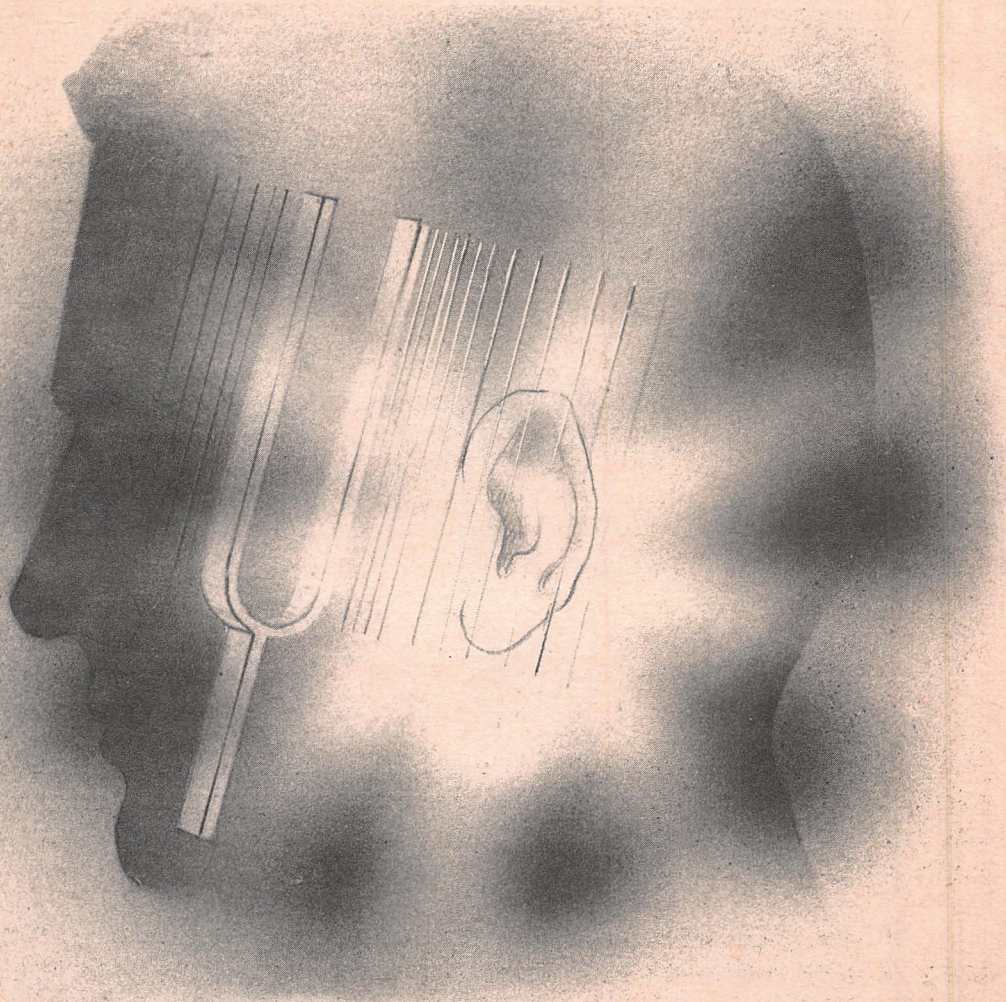


you, you have ignored a psychic impulse, a manifestation of intuition, an expression of your inner being that lives much nearer to truth and reality than does your objective mind.

Have you ever met a stranger and suddenly "known" many facts concerning him, his occupation, his personality, without being introduced to him or hearing him say a single word? It's the spontaneous flash of intuition. You've acquired direct knowledge of something or someone without gathering facts.

Have you ever written to an old friend from whom you have not heard in years, only to have a letter from him pass yours in the mail? Have you ever thought of someone suddenly, then have the phone ring and discover that same person on the line?

Is it telepathy? Possibly. Telepathy is an inner activity using the same ingredients as intuition, with this difference: In telepathy you are attuned to the conscious or unconscious mental impulse projected by another person; in intuition you are attuned to the universal storehouse of knowledge, both finite and Infinite, and your inner sense harmonizes with a specific segment of that knowledge in the same way that a musical tuning fork vibrates harmoniously with another of the same tonal pitch.



Your inner senses respond to universal knowledge much in the same way a musical tuning fork vibrates harmoniously with another of the same pitch.

INTUITION REVEALS REALITY

If I were asked to evaluate the various psychic senses I would place intuition at the top of the list. It's the most necessary and most practical of all. It is the one extra sense that man couldn't do without, though most persons never realize it.

An old friend, Dr. Garabed Paelian, a research scientist with Bell Laboratories for thirty-four years, fully realized this fact. After years of research he said, "All great men are endowed with intuition."

Dr. Paelian placed such high value upon intuition that he saw it as an essential for all mankind. "Only intuition can save the world," he said. Meaning that the only way man could shed his superficial methods of communication, which often serve to conceal rather than reveal the real meaning behind written and spoken words, is to use intuition. One international statesman can really understand another only through intuition.

Take the simple sentence, "I love you." Does it mean that the one who says it has a deep physical passion toward you? Does it mean he feels toward you as a brother? Does it mean he has a kind of universal love that includes everyone but at the moment is focused upon you? Does it mean he doesn't really care for you at all but likes you because you can fulfill some selfish purpose in his life? There are many occasions when only intuition would inform you of the real meaning of another's words. Though I have used one short sentence as an example, I am sure you can make an application of this idea to many situations in your life.

INTUITION IN THE BIBLE

A friend whom I've long admired is Dr. George Lamsa, who translated the entire Bible from Aramaic, the language which Jesus spoke and Dr. Lamsa's native tongue. His translation reveals many meanings which remain obscure or hidden in the more traditional versions. In the King James version, for instance, in the 16th Chapter of the Book of Psalms, we read: *...my reins also instruct me in the night sessions.* Dr. Lamsa's translation says: *...my intuition also guides me during the night.*

The original author of the Book of Psalms didn't know the English word *intuition*. But it is the only English word which means the same as the original



When Jesus saw their faith, he said unto the sick of palsy, Son, thy sins be forgiven thee. But there were certain of the scribes...reasoning in their hearts, Why doth this man thus speak blasphemies? who can forgive sins but God only? And immediately when Jesus perceived in his spirit that they so reasoned within themselves, he said unto them, Why reason ye these things in your hearts? (St. Mark, 2:5-8)

Aramaic word used in this passage of Scripture.

Intuition can be a guiding influence in your life, too. I do not offer it as a substitute for reason, logic and experiment. I do not suggest that you ignore reason in favor of intuition. However, if you let reason be reinforced and guided by intuition you achieve the goal. To put it in a phrase: "Use your head as your heart directs."

It is interesting to note that the Revised Standard Version translates the same passage from the Book of Psalms: *...in the night also my heart instructs me.*

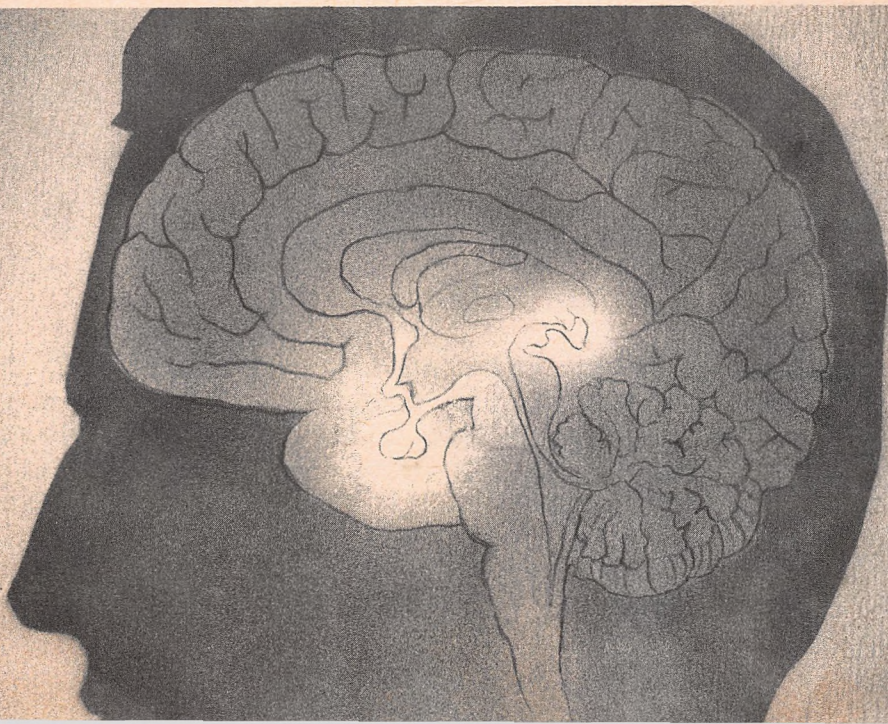
I use the symbolic term heart to indicate "feeling," as different from thought, symbolized by the word "head." If you can become conscious of your thinking process you are aware of a focal point centered in the brain area. But the focal point of the way you "feel" about persons and things is more widely centered throughout your entire being -- and the heart signifies this greater totality of awareness.

In spite of this symbolic terminology, the fact remains that your intuitional perceptors are found in the head region -- pineal and pituitary gland areas or psychic centers, sometimes known as the Third Eye area. These centers seem to have a more complete relationship to your entire physical body and emotional nature than does the brain. But more of this later in the lesson.

WHERE YOU USE INTUITION

Exactly what areas in your life might be benefited by intuition? To say "all of life" would be the truth. But we could not include so broad a field with anything

The pineal and pituitary glands constitute in part the Third Eye, instrument and focal point of intuition. Further teachings regarding the Third Eye may be found in Astara's Degree Lessons, THE BOOK OF LIFE.



less than an encyclopedia. So we must confine ourselves to the more essential specifics: *personal life, business, personal relationships, and creative self-expression.*

PERSONAL LIFE: Whether he realizes it or not, almost every person yearns for the life of the ascetic. No matter how extrovert his personality, he is aware of an "inner life" which yearns to be lived. An inner voice speaks the Word, but it falls upon ears forcibly attuned to the more material world which overrides the call of eternity. The vacuum cleaner rumbles in the next room. The television blares from the house next door. The traffic roars in the street out front. The real substance of life is thus disorganized and it is difficult to call the eternal into any semblance of organization or orderliness in your personal universe.

Thus, no matter how successful a person may be, life is not often satisfactory. And if life is not satisfactory the most astounding success is "as sounding brass and tinkling cymbals." But intuition, especially of the funtional type, can change all this.

It can relate you to the serene depths of reality that are found only beneath the surface of life. Though it becomes most frequently operative during moments of meditation...specifically arranged periods of attunement with the Infinite such as I have offered in my special book for that purpose, *The Inner Way*...it often bursts spontaneously in times of crisis.

I remember once driving a car with four other passengers at highway speed in northern Ohio. We came to a detour sign indicating a slight left curve off the highway to another road. On a sudden and irresistible impulse I remained on the main highway and drove past the sign to swing around behind it instead of turning in front of it. It was necessary to slow the car to a speed of only ten miles per hour. As we swung around the sign, the front wheels suddenly parted and the front end of the car dropped to the pavement with a crash. A tie rod had broken!

Had we made the turn at the normal speed, or had we been speeding along the highway at 65 miles per hour, a disastrous accident with probable loss of life and certain serious injury would have resulted. Intuition averted a tragedy. I have often wondered if I would still be alive had I ignored that seemingly irrational impulse.

So to find meaning in life, and serenity and all the other qualities which make life the lasting kind of success rather than the temporal, and to receive guidance which averts tragedy and, though I have given no example, reveals new opportunities, your intuitional faculty is of the greatest importance.

BUSINESS: The man who put the world on wheels, Henry Ford, was a deep believer in the benefit of intuition as a method of solving problems. When faced with a difficult decision Mr. Ford would desert his office and his staff of high salaried assistants to walk alone in the woods near his home. In the peaceful serenity of that atmosphere, while not thinking about the problem, sudden flashes of intuition would burst into his mind.

He would then return to his office and, often over the objections of his advisors, put into operation the solution he had intuitively perceived. Success!

A friend of mine tells of the sudden impulse he once had to walk along a different route than he usually followed in the business district of the city. On this alternate route, followed only this one time, he met the one man who could help him arrange the publication of a series of articles he had written. Success!

Perhaps you've followed an impulse that wasn't successful. I am sure that Henry Ford and my friend often did too. Remember, intuition is infallible, but interpreting and following it is subject to human error. Even the best "intuitionalist" will not always be correct.

PERSONAL RELATIONSHIPS: People are like chemicals. Not all of them mix. Sometimes there are blends of personalities that bring benefits to both parties. And sometimes there are blends that cause explosions. Many times there are blends that seem to be antagonistic, but through intuition a deeper understanding is achieved that can "save the day."

It is here that Dr. Paelian's statement, "Only intuition can save the world," becomes most meaningful for it applies in other areas than the international political arena. Using intuition in your personal relationships can be most rewarding.

Once, when we lived in a small town, there was a man for whom I had no feeling of friendship, but it was

necessary that together we conduct affairs for a business club to which we both belonged. In fact, our association wasn't at all compatible. One day, an hour or so before we were to meet, I was sitting quietly and thinking about him when suddenly I seemed to be in his presence in a very unusual way. It wasn't that my consciousness was in any specific place where he might have been, it was just that I was aware of being in the presence of his personality.

I had the inner feeling of many troubles which could not be openly expressed, of pressures that others knew not, of hidden responsibilities, of a past that was not of his own making but which had to be overcome through a personal inner struggle. And I felt a strong urge from his personality to be accepted.

We met that day on a new basis, at least on my part. And though we never discussed it, I believe he must have had some similar experience toward me for our relationship was entirely changed. In fact, we very shortly became good friends and have remained so to this day.

The word intuition is from the word *inteuiri*, which means "to look upon." In my unusual experience I truly "looked upon" him for the first time. I had been seeing the outer expression of his personality, now I came to know the inner. In doing so, I gained one of the fine friendships that has made life meaningful to me.

Have you ever deliberately attempted to gain some intuitive response in your relationship with another person? It may be one that is entirely different from mine. But in any event it will bring you nearer the center of reality in your relationship, and it is a richly rewarding experience. You will not become compatible with someone with whom there is no basis for compatibility. But where there is such a basis it will help you discover its often hidden treasure.

CREATIVE SELF-EXPRESSION: There is a widely held but mistaken impression that only artists, writers and designers are engaged in creative expression. All of us are, in fact, creative beings.

If indeed you are in the image of God, the Great Creator, then you must possess a creative capacity, finite though it may be. In your home, in your personal relationships just discussed, in your vocation, in your various modes of recreation, there are countless



Creativity, in any form, is an outer expression of the God within. Intuition is the channel through which creative ideas journey from the subjective to the objective planes of self-expression.

opportunities to be creative, to do something different, something "new."

Even though you are not fully aware of it, evidence that you possess an intimation of your own creative capacity is the fact that you are studying this lesson. You are following an inner urge to be creative in a very personal way, an urge to be creative about your own life and its meaning and place in the universe.

Following a meeting in which I delivered a lecture, a member of the audience approached me to ask a question. She said, "Mr. Chaney, my friends tell me I am foolish and I want your opinion. I have just begun to study the piano."

"Exactly what do your friends think is foolish about that," I asked?

"Well," she said, "I am 70 years old!"

Foolish? I could only admire her for seeking a creative outlet that would keep her mind alert and provide an opportunity for self-expression. I assured her that her friends were wrong and she was right, and urged her to continue her creative hobby.

As she went on her way she paused just a moment and, with a shy twinkle in her eyes, added, "I'm studying Spanish, too!"

What about the way you arrange and decorate your home, the way you approach and execute your job, the way you wrap gifts, the way you write letters, the way you keep notebooks of philosophy and spiritual teachings and scrap books of photographs and mementos, and a thousand other activities that can be either humdrum imitations or true personal creative efforts? Reason and logic may not tell you how to do these things with a personal, individual flair. It is intuition, urges from your own High Self, that puts the mark of your personal creative capacity on your everyday activities.

I play the organ as a hobby. I make my own arrangements of standard musical selections. They will never be played publicly. They are not as good as the professionals would do. But they satisfy my inner urge to be creative.

Look at the activities in which you are interested. Do you imitate or do you create? Try mentally to reach

into the inner depths of your Self, where your intuitive capacity really functions, and grasp a new idea or new principle that will apply to whatever you are doing. You may very well be amazed at the refreshing and more vital "feeling" that encompasses you and gives new impetus to your activities.

INTUITION PROVIDES FACTS ABOUT SITUATIONS

One day I began to wonder about the way physicians diagnosed illness. Two doctors with the same facts available will arrive at different conclusions about a person's illness. They will study the same laboratory reports, the same x-rays and so on. But their diagnoses will differ. I asked a physician friend how he accounted for this.

His answer? "Intuition."

"Reasoning and experience will account for some differences," he said. "But in my years of association with eminent diagnosticians I have come to believe that some are more highly intuitive than others both to the patient and to the exact circumstances involved."

So from this idea, along with others already discussed, we may arrive at a principle: *It is possible to be intuitive in regard to your Self, your activities, other persons, things and situations.*

The superior salesman is an excellent example of one who is simultaneously involved intuitively with more than one aspect of an activity. To know the best way to present his product, without reasoning why, he becomes intuitively attuned to the prospective purchaser as a person, to new ways in which his product might be used in the specific situation involving the purchaser, and to the circumstances which created interest in his product.

Situations have a kind of electromagnetic reality in cosmic substance. Perhaps it was this kind of substance to which I became intuitively attuned in the process of finding a new friend which I previously described. Whether in selling or any other activity, intuition in this respect is a means of gaining the facts about the inner reality of a situation when the superficial, observable facts may indicate something entirely different.

The concept is difficult to describe. But once it is grasped it provides a more fruitful association with the situations you encounter than you would have otherwise; hasty and often erroneous statements and judgments are frequently avoided.

HOW DO YOU IMPROVE YOUR INTUITION?

We now know the areas in which intuition can help you. How do you begin to improve this faculty which you already possess and use at least to a degree? Are there any methods of increasing your awareness of it and improving your use of it? Indeed there are.

Awareness itself is the beginning step. Simply being conscious of the fact that intuition operates in your life serves to heighten the faculty.

Let's compare it to your physical sense of sight. You really see more than you realize. Most of the things you see never register upon your consciousness because you make no effort to be conscious of them. But if you do make the effort you will be amazed at how much more your sense of sight will communicate to your conscious mind. A greatly expanded world begins to unfold for you. Colors, shapes, exact knowledge of things you never previously realized...all are made known to you simply by centering your awareness on your sense of sight. All these existed before, but you never really saw them.

In the same way you've been receiving many intuitive impulses but they have meant little because your awareness wasn't centered upon them. Could your work have been improved yesterday if you had followed the quickly disregarded impulse to state an idea that suddenly flashed from somewhere into your mind?

Had you been aware that this was an intuitive impulse you might still have disregarded it if it was not logical. Or you might have stated it and discovered that it contributed to your work in a beneficial way.

I am not saying that you must always be consciously waiting for an intuitive impulse to strike your conscious mind. But I do suggest that when a sudden, unexpected impulse is noted you examine the probability that an intuitive flash has occurred and decide whether or not you wish to follow it.

Simple awareness, then, improves this inner sense in the same way it does the outer senses.

INVITE INTUITIVE IMPULSES TO OCCUR

Another aid to intuitive experiences is what I call pre-preparation. To create an example, let us say that you are going to an interview tomorrow regarding a new position. Whether or not you obtain it probably depends more upon the interview than on the record of your past achievements. Begin to prepare yourself tonight in this way:

When you retire, begin thinking of the next day's important activity. Think of the exact time and place,

Pre-prepare yourself for any activity you may have to engage in by visualizing the situation the previous night. Impress yourself with the positive qualities the situation will require of you the next day.



and if you are familiar with the surroundings visualize them for a moment.

Then begin a conversation with your own higher nature. Say something like this: "Tomorrow at o'clock I shall be in the office of Mr. _____ for my interview. At that time bring into my conscious mind every idea that will help me obtain the position."

Repeat this to yourself several times with great intensity until you feel very strongly about it inwardly. After you are certain you've made a deep impression on yourself, forget it entirely if possible. But review it again in your mind just before the interview.

This same discipline can be applied to many activities. Anything you plan to do tomorrow can be improved if you will do this tonight.

Why is this true? Some psychologists will say that you have set in motion a process called subconscious incubation. That you have stimulated your subconscious to bring to the surface of your conscious mind those ideas which it already contains and which will help you. I am sure this analysis is true as far as it goes. This is still a form of intuition, from the subconscious to the conscious.

In my own experience I've discovered that intuitive impulses also occur which could not possibly have any relation at all to anything in my subconscious. The superconscious is activated as well as the subconscious. A higher aspect of intuition is motivated.

At this point I must repeat a warning. Do not expect miracles to occur. Remember, intuition is infallible, but your interpretations of its impulses are subject to error. You will not always be right about your intuitions. However with practice and experience you will be increasingly so.

INTUITION IMPROVES WITH USE

The foregoing indicates a principle:
Your intuition will function best when you assign it a definite objective.

Remember when you were a student in school? It was through actually solving homework problems that you became personally familiar with the theories that had

been explained to you in class. So it is with intuition. You may intellectually accept the ideas given in this lesson, but they will mean little unless you actually attempt to use them in your life.

Do not be impatient if astounding results aren't immediately noticed. Persevere. Remember you may be attempting to use a faculty that has grown weak through years of inattention. If you did not use your right arm for a month it would become so weak you couldn't even lift a book. You would have to exercise it to strengthen it again. As you begin to use your intuitive capacity it grows stronger. It functions more frequently and you become able to interpret its communications more accurately. Disuse withers. Use strengthens.

We are told that we use but very little of our capacity to think. Possibly ten percent! How much less do we use our capacity for intuition. Resolve to change this situation immediately.

As I consider how little we ordinarily use this superior talent, I think a good description of its development could be termed *the rediscovery of your Self*. It is like knowing that an unexplored island paradise exists out there in the ocean. It calls you to come and discover its treasures. But they will remain untouched until you make the journey and begin your explorations.

In what other ways can intuition be developed? Certainly you would not wish to plunge into an attempt to use intuition in your major decisions or undertakings. They are probably too important to trust immediately to a sense which hasn't yet been developed sufficiently. So turn at first to less important possibilities. The next time your phone rings don't rush to answer it. Pause a moment, focus your attention in the very center of your head and try to be mentally receptive to an impression about the caller.

At first don't try to receive an impression about who is calling. That's too specific as a beginning. Just try to receive an impression or intuitive impulse as to whether or not the caller is a member of your family. After a few attempts improve your average of receiving the correct impression, try to receive a further one as to whether the caller is a man or woman. Continue this until you again receive the correct impression frequently.

Then try to receive an impression about the mood of the person calling. Is he in a normal emotional state? Is he happy, angry, sad? After success at this try to receive an impression about the reason he is calling. Is it a social call or a business call? Then you may progress to receiving impressions about the exact message which the caller will convey or questions he will ask.



Before answering your phone try to receive a general impression about the caller. You may have a sudden impression regarding your relation to him, or the message he will convey to you.

Finally it may often be possible for you to receive an impression about the exact identity of the caller. Is it your husband, or wife or child? Is it the insurance man or market manager? Is it your next door neighbor?

All these possibilities offer endless opportunities to refine your intuitive faculty without attempting to use it on matters of major importance.

Another method in the same category. Ask yourself definite questions about occurrences that will take place in the future.

Next time you plan to go shopping or attend a special function, wait just a moment before beginning your trip. Ask yourself this question, "Who will I see?" Then wait a moment for an impression of the identity of someone you may later meet. You can devise other exercises of this same nature related to your everyday activities, and these experiments will serve to prepare your intuition for uses of the faculty on more important occasions.

INTUITION AS A CHANNEL TO THE INFINITE

Exactly where is intuition in the anatomy of man's life? In Astara's First Degree Lesson, *The Seven Mansions in the Father's House*, a Lesson about the seven planes in which you live at this moment, one of the planes is designated as the Intuitional Plane. Esotericists also refer to it as the Budhic Plane, Budha actually being a Sanskrit term meaning *wisdom* or *pure reason*. Another term for it is the *World of Christ Consciousness*, or the world in which all things are known.

I shall quote here directly from Astara's Lesson:

It could be called the plane of superconscious perception or immediate cognition; it could be called the plane of innate discernment. This is, indeed, divine wisdom in manifestation.

The Intuitional...is the plane of the genius, that rare soul who works in the round of his everyday life through flashes of intuitive illumination from a higher Source than that which the ordinary man perceives.

And in a later paragraph:

The Intuition Plane thus becomes the "midway" plane between the human man and the god man...

The place your intuitive capacity occupies, then, is midway between your mind and God's Mind, a halfway point between your consciousness and Cosmic Consciousness. Thus intuition becomes the meeting place between you and God, the Mount Sinai to which you ascend to receive the Tables of the Law for the conduct of your personal life, just as Moses received them for the general conduct of his people.

What you receive in the Tables of the Law are not broad concepts of morals and ethics as are the Ten Commandments, but are the specialized commandments from the Infinite Being, individualized for your personal needs. They may pertain to morals and ethics, or they may pertain to specific activities. The illustration about the job interview is an example. The Infinite Being is undoubtedly interested in your ethical standards, but He is also interested in what you do within these broad measurements.

In the game of football, for instance, it is important to remain within the boundaries of the playing field. But it is what you do within those boundaries that determines whether or not you will score a touchdown.

So in the greater game of life: achievement is not merely a matter of being ethical, it is a matter of what you do within the boundaries of ethics. And what you do can be tremendously enhanced by improving your relationship with the Infinite through meeting Him at the only place where He speaks personally to you...the inner altar (if you are a mystic), or inner laboratory (if you are a scientist), or inner classroom (if you are a student), of your intuition faculty. Whatever you are ...housewife, salesman, office or factory worker...intuition is your individualized channel for communication between your personal life and the Higher Personality which dwells within your personal life.

THREE SIMPLE STEPS TO IMPROVE YOUR INTUITION

The intuition faculty, exactly like your physical senses, is operative only in accordance with the laws which govern it. These laws are only partially under-

stood as yet. However, it is known that intuitional impulses are seldom of sufficient intensity to overcome the mental barriers of indifference, antagonism, emotional disturbance and other inner states which generate overriding power of their own.

From the ancient teachings of India and Egypt come the instructions which, through the ages, have been the standard for spiritual unfoldment in every land and every religion. These teachings have been altered from time to time to fit the varying needs created by time and culture. But their basic concept has never been improved. In their original form they are complex (such as various types of yoga), but for a busy people they can be simplified as follows:

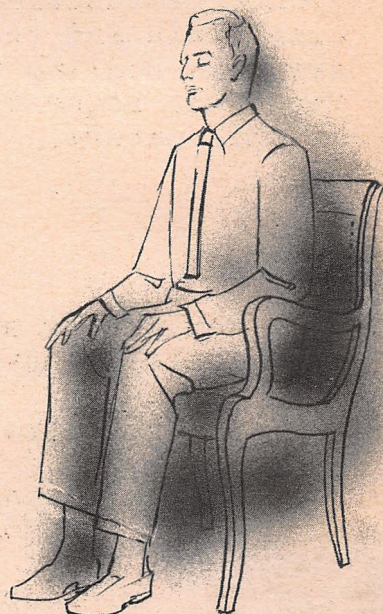
1. Silence
2. Breath Control
3. Imagery

SILENCE...The first of the ancient principles leading to the sharpening of your intuition and your spiritual faculties is to acquire the inner poise created by an activity such as meditation.

The regular practice of becoming quiet and listening -- not thinking, but listening, for the Inner Voice speaks clearest in the silence -- is the first and most important step in acquiring proficiency at intuitive-ness.

BREATH CONTROL...After developing the ability to become inwardly calmed, the next procedure is to heighten inner attunement through controlled rhythmic breathing. The ancient yogins discovered that breath control is a self-discipline which enhances the inner quiet and remarkably increases sensitiveness to intuitional impulses.

Simply breathe as evenly and deeply as possible, expanding the chest and abdomen while inhaling. Then exhale completely, contracting the abdomen sufficiently to force every bit of air from the lungs.



SIT COMFORTABLY WITH
BACK STRAIGHT, HANDS ON
KNEES AND FEET TOGETHER.

The breath should be very slow and even and never strained. A series of from three to seven inhalations once or twice a day, during a brief period of silence and meditation, will contribute immeasurably to improving your intuitive faculty. (The regulation of breathing is a subject treated in depth in several of Astara's Degree Lessons and in the special instruction on Lama Yoga which accompanies them.)

IMAGERY...Your faculty of imagery was discussed at length in the second lesson in this series on the subject of clairvoyance. The ability to create mental pictures endowed with a specific vibratory essence is one of the greatest, yet most neglected, of man's potentials.

As a simple exercise: After a moment of deep breathing, mentally create a sphere of light, of any color you choose, as though the entire upper portion of your body were permeated by the light's inner buoyancy and brilliance. This mental activity stimulates, or "tunes," the inner receptive faculties essential to intuitional perception.

This same process has been used by many persons as a method of "self-healing." Mentally (through the faculty of imagery) centering a "White Christed Light" upon a malfunctioning portion of the body frequently eases pain and tension and benefits the healing process. In healing activities at Astara, prayers for those who request them are supplemented by mental work of this nature.

SUMMARY

Now let us summarize, in just a few words, the many facts we have considered in this lesson.

1. There are two kinds of intuition:
 - a. Cognitive -- providing exact information;
 - b. Functional -- providing impulse information.
2. The physical terminals of the intuitional faculty are the brain, pineal and pituitary glands, often called the Third Eye area.

3. Personal life, business, personal relationships and creative self-expression are the areas in which intuition can best benefit you.
4. The word *intuition* is derived from the word which means to "look upon." It means to acquire direct knowledge without using logic or reason.
5. It is possible to be intuitive about yourself, your activities, other persons, things and situations.
6. Awareness is the beginning of improvement in your intuition.
7. You can pre-prepare yourself to become intuitional at a specific time and place and in regard to a specific activity to occur in the future.
8. Your intuition functions best when you assign it a definite objective.
9. Practice intuition on simple everyday activities such as phone calls.
10. Your intuition capacity is midway between your mind and God's Mind.
11. Three simple steps that improve intuition include silence, breath control and the faculty of imagery.

JUST HOW PRACTICAL IS INTUITION IN EVERYDAY LIFE?

As you have read these pages I hope you have felt that we -- you and I -- have been having a personal conversation. If you've had this feeling then you've already begun to exercise intuitive awareness.

A friend of mine who is a well known writer told me many years ago that she liked to go to the park across the street from her New York apartment to read books written by others. "As I sit on a bench with my feet on the ground," she said, "I feel that I create an attunement through the earth with the author, and more accurately know just what he is saying."

Whether or not it is necessary to have one's feet on the ground in order to do this is, I feel, an individual matter. The important point is that it's possible to become attuned to others in a very real and substantial way, even though that person be miles distant. And it is also possible to become attuned to ideas and concepts and situations in the same way.

Doing so provides a direct line to knowledge that is not otherwise acquired. The faculty which enables you to reach this point of perfect perception is intuition. If you allow it to do so, it operates in every activity of your life. Can you even imagine a facet of your life that would not be improved by it? It's impossible.

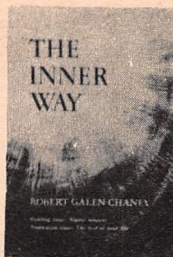
Every stage of improvement of your intuition is a step nearer the goal, the place where reason is stabilized and logic is reinforced, where your human mind and your God Mind function as one.



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